

THE CITIZEN

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U.S. Army Garrison Stuttgart

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Serving the Greater Stuttgart Military Community

554th MP Co. NCO saves infant's life

By **Brittany Carlson**

USAG Stuttgart Public Affairs Office

It was still morning on Nov. 8, 2009, when screams erupted from a stairwell apartment on Patch Barracks.

A few floors above, Army Sgt. Steven Viccaro and Air Force Master Sgt. David Smith were helping to move furniture for a friend.

"All we heard was really loud, screeching screams," Viccaro said. "It echoed in the stairwell. Closer down to the front door, [a woman] was saying 'The baby's not breathing, the baby's not breathing.'"

Both men ran to the apartment to investigate.

"Steve knocked on the door a couple of times ... and decided he was just

going to open the door," Smith said.

Inside, a woman was holding an unconscious infant in her arms, who wasn't breathing.

"[He] was limp," Smith said. "She was shaking and screaming."

Viccaro, then on leave during a 12-month deployment to Afghanistan with the 554th Military Police Company, immediately identified himself as a Military Policeman and asked to see the baby.

"I ran into the bedroom, set the baby on the bed, checked his vital signs and started rescue breathing," said Viccaro, who worked as a fireman and emergency medical technician for 15 years before he joined the Army. "I wasn't nervous. I knew what to do. I just did it."

A few minutes later, the infant started to breathe sporadically.

"The baby never made any expressions, never opened its eyes," said Smith, who works in the U.S. European Command Headquarters Commandant's Office, and helped Viccaro by trying to calm the infant's mother. "What amazed me through the whole thing was how calm and cool he was."

Inwardly, however, Viccaro, a father of two, was afraid for the child's life. The child's parents informed him that the infant had been in and out of the hospital for medical emergencies.

"It felt like forever," he said. "I was relieved. He was only 2 months old at the time."

See *Rescue* on page 4



Courtesy of Ashlee Viccaro

Sgt. Steven Viccaro received a Joint Service Commendation Medal for performing CPR on a neighbor's child Nov. 8, 2009.

'Passport Day' to speed up application process

By **Susan Huseman**

USAG Stuttgart Public Affairs

The U.S. Army Garrison Stuttgart Passport Office and the U.S. Consulate in Frankfurt will host "Passport Day" Feb. 24 from 10 a.m. to 2 p.m. in the Patch Community Club on Patch Barracks.

Representatives from the consulate will be on hand to accept consular report of birth abroad and tourist passport applications.

The birth of a child abroad needs to be reported to an American consular office as quickly as possible, according to Edmund Snead, a USAG Stuttgart passport and visa specialist.

"The consular report of birth abroad is the most important document a child born outside the U.S. can have. Without it, the child can't receive a U.S. passport," he said. "It gives them all the rights of a U.S. citizen."

There have been enough births in the Stuttgart military community to push Snead to call for backup — in this case, the consulate. "There have been more

births than we are able to schedule appointments for," he said, referring to the garrison's staff of two certified agents and their backlog of about 80 reports of birth.

The application procedure usually takes one hour to process, but during the consulate visit, the process should take only 15 to 30 minutes, depending on the paperwork, Snead said.

The key is coming prepared and having all documents in order. "Parents must call for an appointment, and we will then e-mail them the required forms and a list of needed documents. They must have the forms filled out legibly before their appointment," Snead said. Both parents and the child must be present on Feb. 24.

While a report of birth abroad application requires an appointment, tourist passport applications will be taken on a walk-in basis.

Snead said applying for a tourist passport on Feb. 24 is expected to expedite the processing time. The turnaround time will be considerably less than the normal eight to 12 weeks it takes when applying

through the garrison office. "It really speeds up the process," he said.

While the garrison passport office can process about 40 passports a day, "we hope to process 250 passports on Feb. 24," Snead said.

Only money orders will be taken Feb. 24. The fee for a report of birth and tourist passport for a child is \$150. A tourist passport renewal for an adult is \$75, and a tourist passport renewal for a minor under 16 is \$85.

Additionally, consulate representatives will be on hand to answer questions related to immigration, permanent residence, visas, social security and veterans' benefits.

Required documents and checklists for passports and reports of birth abroad and can be found at www.stuttgart.army.mil under "Community Services."

For more information, call the USAG Stuttgart Passport Office at 431-2301/2539 or civ. 07031-15-2301/2539.

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Quilt guild 'sews' seeds of friendship

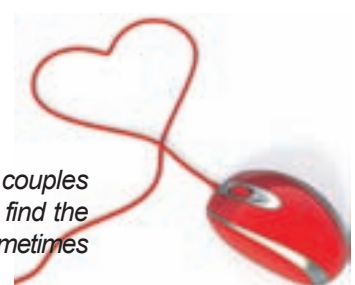
The Black Forest Quilt Guild serves as an international friendship club, as well as a place for quilters to learn and perfect their craft.



Pages 8-9

Finding love online

In today's digital age, millions of couples turn to the Internet to help them find the perfect match, but their success sometimes depends on their own intuition.



photos.com

INSIDE
THIS
EDITION

Excuses run thin when it comes to getting an education

Editorial by Army Maj. William Griffin

2nd Infantry Division Public Affairs Office

In today's era of expanded access to education, most Soldiers are not taking advantage of the resources that are available to them.

Many junior Soldiers will complete their initial or subsequent enlistment and move out into the civilian job market, but the facts are the same whether you are a first-termer or a 20-year retiree: you need at least a bachelor's degree to be competitive for most jobs in today's economy.

Some Soldiers will say, "My MOS training is enough to get a good job after I leave the Army."

The facts may surprise you. Department of Education statistics show that the number of undergraduate degrees awarded in 2007 was 30 percent higher than 10 years prior.

They also show that job seekers with undergraduate degrees in the 25 largest states and 15 largest metropolitan areas have increased from 31 percent to 45 percent during the same period. "Today's college degree is the

Without at least a college degree, you will be at a disadvantage in the civilian job market. As a former enlisted Soldier, I can tell you that it's not always easy, but well worth the effort.

new high school diploma," said Stephen Pinto of Saint John's University.

According to Bureau of Labor statistics, the number of employed high school graduates has decreased by 12 percent over the last 10 years. During the same period, the number of employed individuals with some college has increased over 10 percent.

The largest gain in employment over the past decade has been in the category of college graduate, to the tune of 25 percent. Those same reports also show that there is a trend toward college education among even skilled-trade workers.

I have heard the excuse that Soldiers feel they don't have the time or support from the command to take col-

lege courses.

Taking college courses while on active duty can be challenging, but we are trained to be self-disciplined, motivated and seek self-improvement in our military careers.

Those same qualities are applicable to any goal we wish to pursue — especially education. There are many avenues available to pursue college credits, such as online courses, College Level Examination Program tests, or actual sit-down classes at an education center.

You can use any combination of these to satisfy the degree requirements for many schools.

Distance learning is an easy way to knock out college courses that are

widely available and can be tailored to your schedule.

There are over 4,200 U.S. colleges and universities offering online courses applicable toward degree programs. These courses come in a wide variety of structures, some with a set start and end date within a "semester" and some that are self-paced.

Your completed course work is e-mailed to your instructor or uploaded to a Web site. All you need is a computer, an Internet connection, and the desire to start learning.

At some point in your life, you will leave the Army.

Whether it is after four or 24 years, you will need to secure employment that pays enough to support a family, make a car payment, buy a house, etc.

Without at least a college degree, you will be at a disadvantage in the civilian job market. As a former enlisted Soldier, I can tell you that it's not always easy, but well worth the effort.

Thanks to the assistance I received at a few Army Education Centers along the way, I was able to earn a degree using all of the tools mentioned above.

The only thing standing between you and higher education is you.

THE CITIZEN

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ON THE STREET

What is love to you?



Christy Paro
(Navy spouse)

"Love is spending time with those you enjoy."



Tech Sgt. Torhonda Stults
(U.S. Army)

"Love is commitment."



Lt. Col. Aaron Smith
(U.S. Air Force)

"Love is holding your wife's hair back when she's sick."



Amy Peek
(Civilian)

"Love is unconditional."



Chief Petty Officer Brett Chatfield
(U.S. Navy)

"Love is expensive."



Dianna Ofuasua
(Army spouse)

"Love is taking care of the ones you care about."



Pfc. Brittany Chisley
(U.S. Army)

"Love is garbage."



Adam Claus
(Civilian)

"Love is work."

Children hear from NASA leader



Danielle Skinner

Students of Böblingen Middle School on Panzer Kaserne listen to a presentation by Charles Frank Bolden, Jr., a former astronaut and the 12th administrator of the U.S. National Aeronautics and Space Administration, during his visit to the school Jan. 22. Bolden talked to the students about working hard to achieve their dreams and shared his experiences from his four space shuttle flights. He also encouraged the students to apply for NASA Space Camp through a scholarship funded by the Military Child Education Coalition.

WebTrac brings FMWR home: Program gives families online options

By **Brittany Carlson**

USAG Stuttgart Public Affairs Office

Signing up for Family and Morale, Welfare and Recreation activities is about to get much easier.

Soon, Stuttgart military community members will be able to sign up for certain child care programs, Outdoor Recreation trips and Arts and Crafts classes from their home computer, with the help of FMWR's new software program, "WebTrac," a part of its Recreational Track system.

Even though the garrison FMWR directorate has been using RecTrac internally for 15 years, "currently, customers don't see a lot of what RecTrac does," said Zak Carter, U.S. Army Garrison Stuttgart FMWR information technology manager.

With the addition of WebTrac, customers will be able to interact with FMWR on a new level by signing up and paying for FMWR programs and services online.

The first WebTrac patrons in USAG Stuttgart will be parents whose children are enrolled in Child, Youth and School Services programs.

Beginning Feb. 16, parents will be able to pay their CYS Services child care bills online using a password and login e-mailed to them from FMWR, said Brian Tierney, FMWR functional technology specialist, who is heading up the CYS Services portion of WebTrac.

Parents can also pay fees and register for some School of Knowledge, Inspiration, Exploration and Skills classes, he added, and submit child care inquiries from home.

"I think it's a huge convenience for parents to be

able to sign up for stuff without having to come to the central registration office," Tierney said.

In addition to CYS Services, several other FMWR programs will be taking advantage of WebTrac in USAG Stuttgart.

In the future, Carter anticipates that the golf club will use the program to keep track of golfers' individual handicaps and tee times. Outdoor Recreation customers will be able to sign up for recreational programs, such as ski trips, beginning March 8. Arts and Crafts customers will also be able to sign up for upcoming classes online.

According to FMWR officials, the garrison will start a drive Feb. 21 to get all authorized users to register their household for WebTrac.

"Once the account is approved, the world is yours, as far as WebTrac is concerned," Carter said.

With customers signing up for events online, WebTrac will also function as an organizational tool for FMWR. It can keep track of large events, from trips and programs, to locker rentals at the fitness center.

WebTrac is intertwined with all of the FMWR programs, Carter added. "It's an all-in-one software solution for FMWR at the point of sale."

WebTrac also keeps tabs on customer preferences, such as what kinds of activities a family normally signs up for, he added. The long-term goal is to deliver custom-tailored information to families on programs FMWR believes they would like to participate in.

For now, however, the program is mainly focused of giving community families the convenience of handling some FMWR transactions from home.

For more information, call FMWR at 421-2089/civ. 0711-729-2089.

News & Notes

Airmen win Top 3 awards

Two Airmen from Special Operations Command Africa swept top honors in the Stuttgart Area Top 3 Air Force annual awards for 2009.

Master Sgt. Ann Thompson, the unit's network enterprise manager, was named Senior Enlisted of the Year.

Tech. Sgt. Garrett Gardner was named Junior Enlisted of the Year for his work as the unit's tech order noncommissioned officer.

According to personnel officials at AFRI-COM, this is the first time any enlisted Airmen from the command have won in the annual community award categories.

Child Find screening

Department of Defense Education Activity Dependent Schools provide a Child Find program to identify children with special needs.

Parents with concerns about their 3- to 5-year-old child's development in language, speech, motor coordination or self-help, social and thinking skills may have them screened for possible delays.

Contact your home school to make an appointment. Patch students can call 430-5200/civ. 0711-680-5200; Panzer students, 431-2715/civ. 07031-15-2715; Robinson students, 420-7112/civ. 0711-819-7112.

Kelley Commissary renovation now complete

The Kelley Commissary was recently renovated, and its new entrance is now located at the previous drop-off site for produce. The commissary now has 10 dedicated parking spaces, as well as three new cash registers.

The commissary is open from 9:30 a.m. to 6 p.m. Friday through Wednesday. The commissary is closed on Thursday.

Help yourself: save money

Military Saves Week is Feb. 21-28. The national campaign encourages military members to build long-term wealth through saving and debt reduction.

Military Saves newsletters include articles on saving for retirement, financial scams and maximizing Thrift Savings Plan accounts.

Improve your financial readiness with a pledge to build wealth, not debt, at www.militarysaves.org.

Kudos to spelling bee champs

Congratulations to the Stuttgart Department of Defense Dependent Schools' spelling bee champions.

The winners advance to the European-wide spelling bee to be held March 13 in Ramstein.

Kudos to the following students: **Böblingen Elementary/Middle School**, 1. Alexis Perez, grade six; 2. Jacob Fink, grade seven; 3. Kendall Haase grade four; **Patch Elementary School**, 1. Sara Tingey, grade five; 2. Jana Rafi, grade four; **Robinson Barracks Elementary/Middle School**, 1. James Sweeney, grade eight; 2. Hayden Molinari, grade eight; 3. Jayda Morgan, grade five.

Rescue

Continued from page 1

Viccaro continued to talk to the child to get him to respond until a German medical team arrived to take him to the hospital, Smith added.

A few days later, Viccaro heard from the child's parents. "They told me that the doctor had said that if I didn't do what I did, the baby wouldn't be here today," he said.

Ashlee Viccaro, his wife, added that the infant's parents constantly thank her for her husband's service that day.

I just happened to be at the right place at the right time. I just hope that if there was another person in the same position, they would have done the same thing.

Sgt. Steven Viccaro
U.S. Army

While they were merely neighbors before, "we're close now," she added.

Viccaro was awarded the Joint Service Commendation Medal because "his personal involvement and technical competence resulted in saving the life of a family member," according to the award citation.

"Sergeant Viccaro's ability and willingness to provide cardiopulmonary resuscitation not only resulted in the preservation of life, but reflects great credit upon him, Headquarters United States European Command and the Department of Defense," the citation states.

Lt. Col. Lawrence Lobdell, 759th Military Police Battalion commander and Maj. Gen. Curtis M. Scaparrotti, 82nd Airborne Division commander, presented him with the award down range in December 2009.

While he is excited to receive such a prestigious award, Viccaro insists that he was simply doing what anyone would do.

"I just happened to be in the right place at the right time," he said. "I just hope that if there was another person in the same position, they would have done the same thing."

Legal center open for tax season

U.S. Army Europe Public Affairs

The Stuttgart Legal Center is now open for tax season.

The tax center will "e-file" taxes for eligible community members. It is also a resource for people who prepare their own taxes. E-filers and legal assistance attorneys can provide personal income tax advice, publications and other reference materials, and review prepared returns.

They can also explain the several additions and modifications to the available tax credits and deductions this year, which include the Making Work Pay Tax Credit and First-time Homebuyer Credit.

U.S. service members and other employees of the U.S. government must pay U.S. income tax, even if stationed overseas. The Foreign Earned Income Exclusion does not apply to employees of the U.S. government.

States can require their residents and/or domiciliaries to pay income tax. Each state's law is different.

To have their taxes filed at the tax center, all taxpayers must bring their Department of Defense-issued ID card and Social Security card, all W-2 forms received from employers, and, if interested in electronic filing, a voided check.

If applicable, they must also bring:

- Form 1099 INT, DIV (interest statements)
- Original Power of Attorney if filing for a spouse
- Documentation of child care expenses paid last year
- Documentation of Individual Retirement Accounts
- Documentation supporting charitable contributions
- Statement of interest expenses (mortgage, student loans)
- Alimony information
- Any other relevant financial information from the tax year, such as investment statements, rental reports, medical expenses or others.

For questions or to make an appointment, call 421-4588/civ. 0711-729-4588. Walk-ins are welcome.

Former ambassador now EUCOM's first-ever CD2

Story and photo by Tech. Sgt. Rob Hazelett
U.S. European Command Public Affairs Office

Katherine Canavan, the U.S. European Command civilian deputy to the commander and foreign policy advisor, works in a unique position formally created by Adm. James Stavridis, EUCOM commander.

Her new job as CD2 started in November, and Canavan was thrilled when the admiral asked her to fill the role, which was brought forth as part of the EUCOM 2020 transition transformation.

"My job has evolved, and things are moving along quite nicely," she said. "I'm very excited about being able to provide input for the EUCOM government as a whole. It's a much better way of doing business."

Her job is to advise the commander and staff on foreign policy issues that affect the EUCOM operations and planning.

However, this is the first time EUCOM has had a civilian deputy, said Canavan, who began her duties in August 2008 as the foreign policy advisor.

Her position is a three-star equivalent, which allows her to assist the command with senior-leader engagement.

The experience she's had during her 34 years in foreign service has been put to use here, and she likes the variety of issues EUCOM deals with.

"It's really an extension of what I was doing as a diplomat. EUCOM has a role to support NATO and a commitment working with individual countries, which brings a huge variety to work every day, and that's interesting."

Canavan discussed what she felt EUCOM's strategy, goals and interests are going to be like this year, as the EUCOM 2020 transition transformation



Canavan

progresses. "The military and the interagency have to work together because one agency can't do it anymore," she said. "EUCOM's responsibility is no longer just focusing on military threats in the area of responsibility. We need to work together in advance to look at situations we might find ourselves in, and see where we will have to bring our areas of expertise together."

On a day-to-day basis, she said EUCOM works closely with the local community because it's important to develop and maintain the strong relationship EUCOM has built with the Germans. "We have regular contact with the German military senior leadership, and the issues we discuss aren't dissimilar to ones I worked on as ambassador in Botswana or Lesotho."

Canavan pointed out EUCOM has a U.S. Army in Europe Liaison Officer for Bavaria and an LNO here for Baden-Württemberg.

The LNOs help EUCOM work with officials and local government officials in the community on issues such as housing, schooling and transportation. On policy issues, however, EUCOM works through the embassy.

"We've been here a long time, and our presence here as a command is appreciated," she said. "In fact, EUCOM is the only command with its headquarters in the AOR. That sends a strong signal to all of

our allies that we've made [a] really significant commitment to NATO and the Atlantic Alliance by our presence here."

A career member of the Senior Foreign Service with the rank of career minister, Canavan recommends and helps formulate policy options, and provides counsel to leadership on all foreign policy issues affecting U.S. forces operating within EUCOM's area of responsibility.

She has served in Washington, D.C., as the director of the Foreign Service Institute, ambassador to the Kingdom of Lesotho and managing director of Overseas Citizen Services in the Bureau of Consular Affairs. Her tour in OCS followed three years in Windhoek, Namibia, as the deputy chief of mission.

Canavan was born in southern California, and has a Bachelor of Arts degree in history from the University of California, Santa Cruz. She is married to retired Army Lt. Gen. Michael Canavan, who served for 35 years. She attributes much of her success to him.

"I owe a lot of my success to his support and mentoring of my career," she said. "He's a source of my ideas and when there's something of the military I don't get, I ask him to explain. He's been extremely supportive and helpful."

As an avid outdoors woman, she enjoys riding her bicycle, walking and skiing. She likes to read history, historical fiction and escapist fiction. She considers herself an extrovert who gets her energy and motivation from people around her. "The commitment of military and civilian people who are working hard to make things better in the world inspires me," she added. "I'm extremely impressed with the EUCOM staff and the people I work with. It's fun to come to work every morning."

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1/10th Soldiers' heroic actions result in Bronze Star Medals

Story & photo by Susan Huseman
USAG Stuttgart Public Affairs Office

Three 1st Battalion, 10th Special Forces Group Soldiers were presented with Bronze Star Medals during a ceremony held Feb. 4 at Panzer Hall in Böblingen.

Sgt. 1st Class Justin J. Aflague, Staff Sgt. Jarred E. Shewey and Staff Sgt. Ryan M. Stovall, all assigned to 1/10 Special Forces Group Operational Detachment Alpha, were awarded the Bronze Star Medal with valor for their heroic actions while supporting an International Security Assistance Forces mission in Afghanistan on July 29, 2009.

The awards were bittersweet for the trio.

The Soldiers were on a dismounted patrol in the northern Uzbun Valley when their small team of Soldiers, Marines and Afghanistan National Army soldiers came in contact with 15 insurgents.

In the ensuing firefight, Chief Warrant 2 Douglas Vose, their patrol leader, was mortally wounded.

The Soldiers were cited for enabling their patrol to suppress the insurgent attack and allowing for the medical treatment of Vose.

"We just did what we were trained to do," said Aflague, a communications sergeant from Sinajana, Guam, who reached Vose first and provided first aid.

"We tried to make the best out of the situation we were handed," he said. "Unfortunately, we took a big hit with Doug. It was like losing a family member."

While Aflague rendered aid to Vose, Stovall, a senior medical sergeant from Troy, Mont., and wounded

in the left leg early in the enemy assault, engaged the insurgents with his M249 Squad Automatic Weapon, took charge of four ANA soldiers and eliminated the enemy's position with a fragmentation grenade.

He then provided medical care to Vose until the medevac arrived.

"What I did was based on the training I've received — some of the best training in the world. I feel lucky to be here and still be able to walk," said Stovall, who was struck by enemy fire a second time on Sept. 5 while on a special reconnaissance mission in Kabul Province, Afghanistan.

Stovall received two Purple Hearts for his wounds and an Army Commendation Medal for his actions in the Sept. 5 engagement.

Shewey, the point man on the patrol, who engaged the enemy with M4 fire and M203 rounds, is credited with single-handedly providing the security needed to allow Aflague to begin treating Vose.

Cited for poise under intense fire, Shewey said the key is staying focused. "You can only worry about one thing at a time," said the senior weapons sergeant from Chiefland, Fla.

Sgt. 1st Class Sean Laske, an intelligence sergeant, also earned the Bronze Star Medal, but was unable to attend the ceremony.

Capt. Anthony Heisler, Sgt. 1st Class Nick Atkins and Staff Sgt. Jacob Lindholm were also awarded Purple Hearts for injuries sustained when their Mine Resistant Ambush Protected vehicle struck an improvised explosive device Oct. 6 in Wardak Province, Afghanistan.



Air Force Maj. Gen. Frank J. Kisner, Special Operations Command, Europe, commander (right), shakes the hand of Staff Sgt. Jarred E. Shewey during a 1/10th Special Forces Group valor ceremony Feb. 4. Kisner presented Bronze Star Medals to Sgt. 1st Class Justin J. Aflague (from left), Shewey and Staff Sgt. Ryan M. Stovall for their heroic actions in combat during an ISAF mission in Afghanistan. Capt. Anthony Heisler, Sgt. 1st Class Nick Atkins and Staff Sgt. Jacob Lindholm were awarded Purple Hearts for injuries sustained when their MRAP vehicle struck an IED in Wardak Province Oct. 6.

SF sergeants major don green beret one last time

Story & photos by
Master Sgt. Donald Sparks
SOCEUR Public Affairs

Twenty-five years ago, two men joined the Army one week apart at different locations. Nineteen years ago, they both became Special Forces sergeants. Earlier this year, they finished their careers together as brothers-in-arms and leaders in the SF community.

Sgts. Maj. Brian Bushong and Larry Reeb bid farewell to their fellow Green Beret brethren of 1st Battalion, 10th Special Forces Group (Airborne) during a retirement ceremony held Jan. 21 in Panzer Hall.

Maj. Gen. Michael S. Repass, commander, U.S. Army Special Forces Command (Airborne), praised the two warriors for their distinguished service.

"When you joined the Army, you were given a check to serve, to go in harm's way and to do the nation's business," Repass said. "You've cashed in with your service and commitment to our nation."

Bushong, a former anti-tank gunner, decided to become a Special Forces Soldier because he wanted more of a challenge and also because he was inspired by members of his family who

served honorably in World War II and the Korean War.

"My father shared his experiences of combat from his time in Korea," said Bushong. "The heroes who served as part of the 'Greatest Generation' were my uncles, and they inspired me."

Reeb, who described himself as, "nothing more than a poor son of a mountain man from Kentucky," originally joined the Army as a crew chief on a UH-60 helicopter. In 1987, during a support mission in Beirut, his bird hauled a Special Forces team to a location and he said, "I want to be one of them."

"I could tell they were a tight, focused, camaraderie team and that appealed to me," he added.

He earned his green beret in 1991 as well, and became a Special Forces communications sergeant.

Both men recalled their many operational contributions to missions all over the world.

Bushong took part in Operation Assured Response in 1996, evacuating nearly 1,000 Americans and embassy personnel from Monrovia, Liberia.

"It was a very hostile environment," he said. "Normally, we don't get to do missions for our own people, but having the opportunity to protect our



Sgts. Maj. Brian Bushong (left), and Larry Reeb, 1st Battalion, 10th Special Forces Group (Airborne), listen to Barry Sadler's 'Ballad of the Green Beret' during their retirement ceremony Jan. 21.

own citizens and protecting their lives meant a lot to me. I still have a sense of satisfaction from what we did."

Reeb mentioned that the personal highlight of his career was deploying with his company to Afghanistan and returning from deployment with all of his men. Ten of his Soldiers earned Purple Hearts during their tour of duty.

"I went out on every mission with those men," Reeb said. "As a company

sergeant major, I can truly say those men motivated me."

At the end of the ceremony, both men faced the next generation of warriors who proudly wear the green beret, while listening to the *Ballad of the Green Beret* echoing throughout the center.

"We all have that certain kind of DNA," Bushong said of Special Forces Soldiers, with a grin. "It's no coincidence of who we are and what we do."

got cookies?

Girl Scouts in USAG Stuttgart were recently seen selling their namesake cookies throughout the community to raise funds during the Girl Scout Cookie Campaign.

Aubrey Kaufman, civilian, tries a cookie, along with Junior Troop 193 member Kaitlin Quinn, 10, while Natalie Lacroix, 9, looks on, outside of the Patch Commissary Jan. 29. Mint-flavored chocolate wafers were one of the troop's top sellers.



Brittany Carlson

Amanda Banks (right), 11, poses as a chocolate-covered peanut butter cookie to advertise Junior Troop 26's cookie sales in the AAFES mall on Panzer Kaserne Jan. 26. Melina Cienski, 10, (left) and Cydnee Durk, 9, look on from behind the booth. Customers could also donate cookies to deployed Soldiers.



Susan Huseman



Brittany Carlson

(From right) Girl Scout Troop 334 members Gwynne Klotzcshe, 10, Madison Fenimore, 9, and Amaris Galik, 9, call passersby to their cookie stand with songs outside the Patch Shoppette Jan. 25.

Quilters find friendship, inspiration in Black Forest guild

Story & photos by **Brittany Carlson**
USAG Stuttgart Public Affairs Office

Some international relationships are forged through diplomatic meetings. Others are sewn together with a needle and thread.

In the Stuttgart community, men and women from Germany, the United States, England, Scotland, France and other countries meet together with a common goal: to “quilt ’til you wilt.”

They are part of the Black Forest Quilt Guild, a 130-member international group that meets not only to share patterns and techniques, but for cultural exchange and a chance to make new friends.

The guild held its bi-annual local retreat Jan. 30-31 at Panzer Hall in Böblingen and gave members time to catch up on projects, and with each other.

“It’s therapy and it’s fun,” said Rachel Childress, military spouse.

Members also worked on 15 to 20 Soldier-themed quilts — some made with pieces of an old camouflage uniform — for the Wounded Warrior Transition Unit. The quilts will be presented to the Red Cross Feb. 26, which will give the quilts to Soldiers.

“Every other year, we try to do charitable projects,” said Diane Murtha, American president for the guild.

Guild members don’t just work on their own projects; they help each other create group-effort quilts. One guild member may embroider blocks of fabric, then hand them over to other members for bordering and quilting.

During the retreat, Billa Mack, a German guild member, and Helen Liebe, an international member



Helen Liebe, a Scottish member of the Black Forest Quilt Guild, pins together a quilt for her deployed son-in-law at the guild’s retreat Jan. 30.

from Scotland, pinned a colorful, zigzag-patterned quilt together.

“This quilt is going to my son-in-law in Iraq,” Liebe said. “Billa’s helping me right now, and I’ll help her baste hers.”

The extra help — and companionship — is welcomed by quilters, who can spend hundreds of hours working on a single quilt.

That’s not to say they don’t enjoy it, however.

“It’s the satisfaction of making something beautiful,” said Carol Waters, a civilian spouse. “It’s something that will last forever and be passed on through generations.”

The Black Forest Quilt Guild began in 1992 when an Air Force spouse and a German national met at a local quilt show, Murtha said. Since then, it has grown so large that it has a waiting list, she added. This is



Johannes Eickhoff, a German member of the Black Forest Quilt Guild, works on a quilt for his niece during the retreat.

mainly because 51 percent of its members must have Status of Forces Agreement status.

The guild isn’t just for veterans of the trade either, said newbie quilter and American guild member Barbara Schweitzer, now on her second quilt.

“The ladies have been a tremendous help,” she said. “That’s what’s motivating me to continue.”

Facilities to close for Presidents Day

Feb. 12 is a U.S. Army Europe training holiday and Feb. 15 is a federal holiday. Many facilities, such as the Stuttgart Customs Office, will be closed on Feb. 15. The Stuttgart Army Health Clinic will be closed on both holidays.

African-American/Black History Month events

February is African-American/Black History Month, and the U.S. Army Garrison Stuttgart Equal Opportunity Office has teamed up with U.S. European Command, Africa Command and Marine Corps Forces, Europe, to host a variety of events, such as:

- Feb. 20, EUCOM will sponsor a free viewing of the movie "The Princess and the Frog" at 2 p.m. in the Patch Theater.

- Feb. 26, a community observance will be held in the Patch Community Club at 10a.m. and the Kelley Theatre at 1 p.m., followed by a symbolic unity walk on all Stuttgart installations at 4 p.m.

For more information, call the Equal Opportunity Office at 430-7945/civ. 0711-680-7945.

Get a NAF job

USAG Stuttgart Family and Morale, Welfare and Recreation will host a non-appropriated job fair Feb. 17 from 10 a.m. to 2 p.m. in Building 2915 on Panzer Kaserne.

For more information, call 431-3119/civ. 07031-15-3119.

Adoption support

The Stuttgart Adoption Support Group will meet Feb. 18 at 6:30 p.m. in Building 2949 on Panzer Kaserne.

The guest speaker Randy Barlow, is an international adoption social worker who has assisted hundreds of Americans living abroad with international adoption social work services.

For more information, call 431-3362/civ. 07031-15-3362.

Live comedy show

USAG Stuttgart Family and Morale, Welfare and Recreation will host comedian Bengt Washburn at the Patch Community Club Feb. 13 at 9 p.m. Tickets are \$5.

For more information,

Black history celebrated with soul food

April Adkins, civilian, (from left) Army Staff Sgt. Tedria Martin and Abbey Landry, civilian, share a laugh as they sample collard greens, fried chicken and other soul food entries in the U.S. Africom-sponsored soul food competition Feb. 5, part of the Stuttgart military community African-American/Black History Month celebration. The next soul-food cook-off will be Feb. 16 at the USO on Panzer Kaserne. Participants can register until 10 a.m. Feb. 16. For more events, see the listing on this page.



Brittany Carlson

call 430-2110/civ. 0711-680-2110.

Spring bazaar needs volunteers

Volunteers are needed to assist with set-up of the Stuttgart Community Spouses Club Spring Bazaar March 15-16 and while the bazaar is open, March 19-21.

Volunteers will earn VIP shopping rewards. For more information, e-mail scscbazaarvolunteer@yahoo.com.

Apply for college scholarships

High school seniors and college students are encouraged to apply for several local scholarships.

- The **Stuttgart Community Spouses Club** offers scholarships to Patch High School seniors who demonstrate potential for high academic achievement. The deadline to apply is March 15. For more information, e-mail SCSCScholarship@yahoo.com.

- Seniors planning to attend college may apply for the **Delta Sigma Theta Sorority Germany Alumnae Chapter** scholarship. Packets must be received no later than March 27. The application is available at www.dstger.org.

- The 2010 **Defense Commissary Agency/Fisher House** scholarship program closes Feb. 17. Go to www.military-scholar.org for instructions on how to apply.

- **Army Emergency Relief's** Maj. Gen. James Ursano Scholarship is for de-

pendent children of Soldiers, whether active duty, retired or deceased. Applications for the 2010-2011 scholarships will be available online at www.aerhq.org. Online applications must be submitted by March 1.

- The **Army Emergency Relief Overseas Spouse Education Assistance Program** is for spouses of active duty Soldiers assigned to and living in overseas commands. Spouses must be enrolled, accepted, or pending acceptance as students. Applications must be submitted online by the term deadline date.

Applications are available at www.aerhq.org.

Visit the community flea market

The next Community Flea Market will be held Feb. 20 from 10 a.m. to 2 p.m. in the Patch Community Club. To sign up to sell your wares, call 430-2110/civ. 0711-680-2110.

Skate for free

The Stuttgart Military Community Eishockey club and the Stuttgart Community Spouses Club will host free family skate nights on Feb. 27 and March 13 at 5:15 p.m. in the Wernau Eisstadion, Stadionweg 12, 73249 Wernau. Skates can be rented for €4.50.

Cats wanted for feline fun show

The second annual Feline Fun Show will be held Feb. 27 from 11 a.m. to 12:30 p.m. in the Patch Community Club.

Owners can sign their cats

up to participate through Feb. 23 at the Patch Fitness Center or Panzer Veterinary Clinic.

All vaccinations must be current. For more information, call 430-7136/civ. 0711-680-7136.

Wellness Center conducts survey

The Stuttgart Wellness Center is conducting a survey of existing and potential health education programs specific to military, civilian, local national and family members.

The five-minute survey is online at www.surveymonkey.com/s/2JDRJG3.

Kelley restaurant closed until March 1

The Kelley Club restaurant is closed until March 1 during a transition period between food contractors. However, the Kelley Club bar will remain open for business.

Reserve Kelley Club conference room

The Kelley Club conference room is available by reservation.

For more information, call the Swabian Special Events Center at 430-8205/civ. 0711-680-8205.

Patch DFAC hours

In observance of Presidents Day weekend, the Patch Dining Facility will be open from 8:30-10 a.m. for breakfast and from 11 a.m. to 1 p.m. for lunch Feb. 12 and 15. Breakfast costs \$2.30 and lunch costs \$4.25.

Space Camp scholarship for children

The Military Child Education Coalition offers a NASA Space Camp scholarship for sixth- to ninth-grade students with an active duty military parent. The deadline to apply is March 10.

Applications are available at www.militarychild.org.

PCS Briefing set

A permanent change of station/pre-separation briefing will be held Feb. 17 at 1 p.m. in Building 2913 on Panzer Kaserne.

All service members and civilians departing within the next four to five months should attend. All separating Army personnel must attend this briefing to receive pre-separation information. Pre-registration is required.

For more information and to sign-up, call 431-2599/civ. 07031-15-2599.

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Before the World Wide Web, people sought romance through events, clubs and even gym memberships. Now, they can start relationships on the Internet, increasing the options by billions. Three military couples describe the attraction — and dangers — of looking for love online.

By **Brittany Carlson**
USAG Stuttgart Public Affairs Office

According to an article published by the Synovate market research firm in January 2007, 25 percent of all online daters who meet face-to-face end up meeting their spouse or life partner.

In addition, 42 percent of Americans that date online take relationships offline, the article added.

For a better idea of what this number means, consider that as of Feb. 4, the top five online dating sites have millions of registered single members. According to *consumerrankings.com*, 20 million are registered on *match.com*, 14 million on *chemistry.com*, 11 million on *perfectmatch.com*, 10.5 million on Yahoo! personals and 9 million on eHarmony.com.

“When you’re matched with people [online], you have to be careful. You have to discern who to talk to and how much information to put out there.”

Carolyn Wong
Military spouse

Like many other online daters, Chris and Carolyn’s relationship started out as two “profiles” floating around on eHarmony’s site, containing information about their personalities, religious beliefs and career plans.

Profiles are virtual first impressions, Chris said. “[Carolyn’s] profile seemed very genuine and honest, something I was looking for.”

When he and Carolyn were notified that their profiles “matched,” they had the option to get to know each other further by



Air Force Capt. Chris Wong and his wife, Carolyn, met through an online match-making service. Statistics say that one quarter of all online couples who meet face-to-face end up meeting their spouse or partner.

asking and answering questions via e-mail. This actually helped the relationship to grow quickly, Chris said.

While most in-person relationships start out with chit-chat, Chris and Carolyn first talked their future goals, mutual Christian faith and desire to have children.

“When you date someone, you’re lucky if you get to talk about that in three months,” Carolyn said.

However, she added, getting to know people online presents hazards as well.

“When you get matched with people, you have to be careful,” she said. “You have to discern who to talk to and how much information to put out there.”

The best way to determine whether or not to allow more contact, Chris added, is to trust your instincts when viewing profiles.

For another garrison couple, trusting their instincts on a social networking site made them do something they had never done before: talk to someone they didn’t know online.

Army Master Sgt. Chris Heidgel and his wife, Amanda, met through a Web site that allows visitors to search for other people and send them “friend” requests.

“Neither of us normally add people [as friends] that we don’t know on Facebook,”

said Amanda, 26. “For some reason, we both made an exception that time.”

It was October 2007, and Chris, 23, who now works for U.S. European Command, was finishing a 15-month deployment in Iraq. While preparing to come home to Fayetteville, N.C., he searched for people living in the area. Amanda’s profile popped up.

“He sent me a message and we started talking online a week before he came back,” Amanda said.

Amanda herself had just moved to the Fayetteville area to teach, and used the site as a way to make new friends. “[Facebook] kind of lets you get to know a person a little bit first,” she said. “Sometimes you make a hasty first impression whenever you meet somebody, before you get a chance to talk to them.”

Chris was seeking friendship outside of his military world. “I was really looking forward to talking to a female after being in an all-male unit for 15 months,” he said.

However, the ease of chatting online helped them to pursue something more than friendship, Chris said. “It was difficult when we first met; I hadn’t been in the States for a year and a half and I was out of the loop. Talking online helped.”

In fact, he said, searching for friends online

and chatting prior to redeployment is a trend with many deployed Soldiers who want to start acclimating to civilian life before coming home.

Chris and Amanda were married in April 2008.

While she and Chris are a success story, Amanda advised other people who meet online to be careful when they first meet in person.

“Make sure that you take the time to talk to them for awhile before you actually meet them, and then meet them in a public place,” she said.

Michele Arant, 36, added another tip: talk on the phone before meeting. She met her husband, Master Sgt. Matthew Arant, 45, in a chat room, but it was his voice that helped her make the decision to visit him.

“With typing, there’s no tone; you can’t listen to the rhythm of their voice,” she said. “If you talk to someone on the phone, you can get a sense of who they are.”

This isn’t to say that the Australian native gave her phone number out right away, though. In fact, neither she nor Matthew were even looking for a relationship at the time.

“We met in a Yahoo! chat room,” she said. “We had a lot in common. We both rode motorcycles and rode horses.”

After a few months of chatting with Matthew,

“When we first met, I hadn’t been in the States for a year and a half and I was out of the loop. Talking online helped.”

Master Sgt. Chris Heidgel
U.S. Army

then stationed in Japan, she was ready to start talking via a Web cam and on the phone.

“We started talking and one thing led to another,” Matthew said. “Pretty soon, we were talking about her making the trip over.”

Two years later, the two were married in September 2006.

“I’m doing stuff now I’d have never thought [I’d do]. I’m in Germany. I’m an American citizen. I never thought I’d leave Australia,” she said. “I’m so happy.”

However, Michele added, “I’d never have gone over there to meet him if we’d never talked on the phone.”

After all, Michele is no stranger to some of the odd things people can do online. One acquaintance posed as Michele online, using her photo and hobby information.

“It was creepy,” Michele said. “I didn’t talk to her after that.”

However, she still considers chatting online a positive experience.

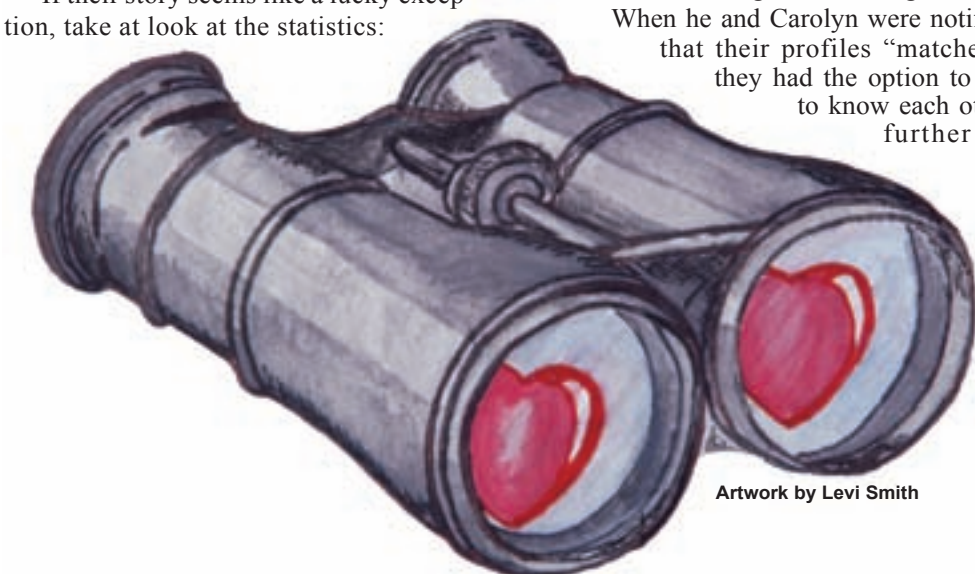
“It’s a more relaxed environment,” she said. “There’s less pressure on you; you don’t have the nervousness of having to go up to somebody and strike up a conversation.”

“It’s more convenient, too,” she added. You don’t have to do your hair or makeup, or get dressed up.”

Matthew, too, preferred being online to meeting someone in a bar or club. “Going out is sometimes just a bunch of games, people trying to put their best foot forward,” he said. “[Online] I think you really get more of an honest feel for somebody.”

Internet dating won’t lead everyone to matrimony, but, according to these couples, there’s something to be said for Web sites that make meeting others — down the street or across the world — easier than ever.

Besides, how else could they have found each another?



Artwork by Levi Smith

Protecting the force: Keep eyes, ears open to suspicious activity, people

By Rita Reilly

USAG Stuttgart Antiterrorism Office

All members of the U.S. Army Garrison Stuttgart military community are encouraged to be alert, recognize and report suspicious activity.

While military members and Defense Department civilians receive training in this area, family members, retirees, civilian contractors and the local national workforce may also encounter a suspicious person, behavior or activity.

The actions they take can prove to be vital in preventing a terrorist event or criminal act. Often, it is many small bits of information that help investigators piece together a terrorist plot.

Identifying and recognizing suspicious activities are key to thwarting any plan.

First, become familiar with your surroundings, and secondly, be alert to changes. The more familiar people are with what is normal, the quicker they will be in identifying what is out of place.

At home, get to know your neighbors, their family members and the types of vehicles they drive.

Become familiar with delivery drop off and pickup routines, such as parcel and floral deliveries, maintenance repair and refuse pickup. This will

help detect anything out of the ordinary, as deliveries are a common method for terrorists to carry out attacks.

Additionally, key in on unfamiliar people who are loitering in vehicles or on foot, watching, taking photographs, making sketches or writing notes. Asking questions or showing interest in military movements, routes, methods of travel, troop strengths and locations of symbolic structures, such as a command headquarters building, are other activities that should cause suspicion.

Be sure to take note of an individual who claims an affiliation with a terrorist group, or who talks about hurting people through violent attacks.

In the workplace, it is important to get to know co-workers and their routines. This is especially helpful in the detection of those from within the organization who are intent on causing harm to personnel, individual organizations or the U.S. government.

Should you suspect an individual of being an insider threat, or believe you have encountered a suspicious person, behavior or activity, report the information to the USAG Stuttgart Military Police at 430-5261/civ. 0711-680-5261, Military Intelligence at 430-4702/0711-680-4702 or your chain of command. If in the continental U.S., call 1-800-CALL-SPY.

Ten key indicators of potential terrorist associated insider threats to the Army

1. Advocating violence, the threat of violence, or the use of force to achieve goals that are political, religious or ideological in nature.
2. Advocating support for international terrorist organizations or objectives.
3. Providing financial or other material support to a terrorist organization or to someone suspected of being a terrorist.
4. Association with, or connections to, known or suspected terrorists.
5. Repeated expressions of hatred and intolerance of American society, culture, government or the principles of the U.S. Constitution.
6. Repeated browsing or visiting internet Web sites that promote or advocate violence directed against the U.S. or U.S. Forces, or that promote international terrorism or terrorist themes without official sanction in the performance of duty.
7. Expressing an obligation to engage in violence in support of international terrorism, or inciting others to do the same.
8. Purchasing bomb-making materials or obtaining information about the construction of explosives.
9. Active attempts to encourage others to violate laws, disobey lawful orders or regulations, or disrupt military activities.
10. Familial ties to known or suspected international terrorists or terrorist supports.

U.S. Army Europe updates installation access policy, procedures

By Robert Szostek

U.S. Army Europe Office of the Provost Marshal

Officials at the U.S. Army Europe Office of the Provost Marshal announced changes to controls for installation pass holders and modified procedures that are the result of an update to the USAREUR installation access directive.

Officials stressed that the procedures for authorized ID card holders have not changed in the update to Army in Europe Regulation 190-16, which governs access to USAREUR installations.

"The regulation now requires individuals who are signed in to be escorted at all times while on the installation and then signed out when they leave," said DuWayne Bredvik, physical security officer at the USAREUR Office

People with sign-in privileges are now personally responsible for the people they sign onto an installation.

of the Provost Marshal.

People with sign-in privileges are now personally responsible for the people they sign onto an installation.

Bredvik added Force Protection Condition Bravo is now the standard threat level that applies to most installation pass categories, such as contractors.

In the future, sponsors of installation pass holders will have to justify why their applicants require access

during times of crisis or attack — FPCONs Charlie or Delta. Access to installations during those FPCON categories is limited to essential personnel, as designated by their job descriptions.

The revision also means that host-nation military and government officials, NATO military members and visitors will have to renew their installation passes every two years instead of the current requirement to renew every five years.

Bredvik said that a records review showed many individuals with active installation passes had not entered an installation in more than a year, but that those passes are designed for those who require recurring access on a regular basis.

Another change requires citizens of Cuba, Syria, Sudan and Iran to get approval from a garrison commander to enter installations under that

commander's control.

For example, if a Defense Department family member's parents are visiting from Iran, the family member must visit the local Installation Access Control System office before those visitors arrive to coordinate signing them onto the installation or obtaining a visitor pass. The IACS office staff will forward an access request to the garrison commander for approval.

The U.S. Department of State currently identifies Cuba, Syria, Sudan and Iran as state sponsors of terrorism. The State Department's list of state sponsors of terrorism can be found online at travel.state.gov/visa/temp/info/info_1300.html.

A new standardized access roster, AE Form 190-16f, and a new application form for installation passes, AE Form 190-16a, are also part of the changes to access policy, officials said.



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— Chocolate indulgence —

Breuninger gives chocoholics more reasons to celebrate Feb. 14

“It’s not that chocolates are a substitute for love. Love is a substitute for chocolate.”

-Miranda Ingram, British writer

Story & photos by Carola Meusel
USAG Stuttgart Public Affairs Office

European chocolate is known as some of the best in the world, from Belgian truffles to French cakes to Swiss milk chocolate bars and hot cocoa.

However, Stuttgart residents don’t have to travel to another country to get a quality chocolate fix, or find a chocolate gift for that special someone this Valentine’s Day. Several local stores sell chocolate made both locally and by international chocolatiers.

One example is the Breuninger Confiserie in downtown Stuttgart. The store presents a variety of gift options, from classic truffles to chocolate and fruit bark and extra-dark bars.

Wim Wenders, a German movie director, once said: “Chocolate is consumable, tangible, and mainly edible happiness.”

The Breuninger Confiserie Stuttgart makes this belief into a business. The shop is located in one of the first shopping malls in Germany.

Founder Eduard Breuninger had an innovative vision about the Breuninger store: he dreamed of combining the ultimate shopping experience and

“Chocolate is a consumable, tangible and mainly edible happiness.”

Wim Wenders
German movie director

excellent customer service with a place to linger and the chance for everyone to get a treat after a day of touring the city.

In 1951, he founded the first Breuninger Confiserie in Stuttgart. Later, the chocolate stores at Breuningerland Sindelfingen, Ludwigsburg and Freiburg followed. Since then, the stores have been a symbol for high quality chocolates, cake, pralines, truffles and tarts.

“We have our production in Sindelfingen, where our chef confectioner creates fine chocolates, truffle pralines and cakes,” said Zoltan Nemeth, director of the Breuninger Confiserie. “We only use fresh in-



Imke Liebelt, a Breuninger Confiserie employee, serves macarons to Christel Pauls, chocolate lover and long-time customer, at the Stuttgart store Jan. 27.

gredients, no preservatives and no artificial flavors for our products.”

Nemeth, who is in charge of all the Breuninger Confiserie shops, travels around the world, searching for new inspirations for chocolate creations. Even so, he can still be seen slipping behind the counter at the Stuttgart shop to serve pralines, coffee and cake to customers at the store in Stuttgart.

That is no quick task, considering that the shop can see about 800 to 1,000 customers per day.

“Our customers appreciate the fact that they can sample some chocolate or pralines before buying it,” Nemeth said.

Andreas Weber from Stuttgart is one example of a satisfied customer.

“I bought pralines for my [significant other] as a sweet surprise,” he said. “I like the variety and the fact that the customer is always able to sample the latest chocolate creations here.”

The store also keeps up with modern chocolate demands. “The trend is dark chocolate and fruity chocolate with candied mango, lemon, orange or strawberries,” Nemeth said.

For Valentine’s Day, the Breuninger Confiserie will offer a special assortment of chocolate, including classic truffles in marc de champagne, rum, caramel and various cream flavors inside a filigree porcelain heart. They will also offer truffle pralines in gift boxes. Another specialty includes marc de champagne truffle hearts and handmade chocolate spread with rose petals.

The Chocolate Festival, which highlights the latest creations, is another event held at the Breuninger Confiserie in Ludwigsburg Feb. 11-20, Sindelfingen March 4-19 and Stuttgart in the fall.

This year, macarons were premiered during the festival in Stuttgart. Macarons — a popular confection in France — are made out of almond flour and powdered sugar, filled with a sweet cream in flavors including raspberry, caramel, chocolate, mango and vanilla.

“I just bought macarons for my husband and my grandson,” said Christel Pauls, from Stuttgart. “When



Zoltan Nemeth, Breuninger Confiserie director, helps Andreas Weber select truffle pralines for his significant other Jan. 27.

I am downtown, I always stop by the Breuninger Confiserie. I like their truffle pralines — all of them — and the atmosphere. I am not able to resist the chocolate smell, and it is also a great place to find sweet presents.”

Breuninger Confiserie Stuttgart is located at Marktstrasse 1-3, first floor, Karlspassage. Phone: 0711-211-1517. Breuninger Confiserie Ludwigsburg is located at Heinkelstrasse 1, second floor. Phone: 07141-304-2219. Breuninger Confiserie Sindelfingen is located at Tilsiter Strasse 15, second floor. Phone: 07031-616-2496.

Opening hours are Monday-Friday from 10 a.m. to 8 p.m. and Saturday from 9:30 a.m. to 8 p.m. For more information, visit www.breuninger.com.

Reception center welcomes newcomers to Europe

Story & photo by Karl Weisel

USAG Wiesbaden Public Affairs Office

They say first impressions are the truest, and members of the U.S. military's Frankfurt Gateway Reception Center at the Frankfurt Airport take that saying to heart.

"Our motto is world-class reception, and that's what we strive to provide through excellent customer service," said 1st Lt. Jacqueline Wood, executive officer for the reception center which is part of 21st Theater Sustainment Command's Human Resources Sustainment Center Europe.

When Soldiers and families come through the arrival gates at Frankfurt Airport, signs and liaison noncommissioned officers are on hand to make sure they are greeted and helped on their way to their final destinations.

"The LNOs take a copy of their orders and fill out an in-processing worksheet," said Wood, explaining that while passengers await transportation by sponsorship bus from the airport to their unit or installation, reception technicians add the information to a database and check to see if Soldiers will be sent on as their orders prescribe, or if they are to be diverted to another assignment.

A team of 30 Soldiers and civilians work together to accomplish this mission.

With offices located in the Sheraton Hotel, Gateway Reception Center staff members are constantly on the move between the two airline terminals meeting arriving flights (about 42 daily), checking on those in the dedicated waiting areas in Terminal 1 and in the center, providing welcome briefings and



Frankfurt Gateway Reception Center liaison officer Staff Sgt. John Williams leads travelers to the sponsorship bus waiting area at Frankfurt Airport.

arranging for any special circumstances, such as overnight accommodations in the event of inclement weather or delayed transportation.

"We try to do everything we can to make this the best first impression for Soldiers and families new to Europe," said the center's Sgt. Maj. Mike Fuller.

That can and does include everything from walking pets to helping arrange for barracks space for

service members traveling Space Available, he said.

Roughly 800 Soldiers a month pass through the reception facility, with that number surging to between 1,100 and 1,400 during peak times such as mid January, June and July. Along with those Soldiers come thousands of bags, family members and pets.

"We spend between \$4.5 to \$5 million a year on the sponsorship buses," said Fuller, explaining that in the interest of safety and fiscal responsibility, it's crucial that newcomers and sponsors understand the rules regarding the buses.

All newly arriving service members and families are required to use the sponsorship buses, with the only exceptions being those in the grades of E9, chief warrant officer 5, O5 and above, who may be released to their sponsors.

"A lot of times you get people who are really upset because they drove all the way from Bamberg or Grafenwöhr to pick up people, only to find that they are required to take the sponsorship bus," said Wood.

"Really, the buses are the safest way to go, and sponsors could be doing something a lot more productive for their unit back at their installation. Plus, the buses cut down on fuel and vehicle use," she said.

Other advice for travelers from the reception experts include not traveling in uniform for force protection reasons and making sure that they don't arrive at the Frankfurt Airport on weekends or holidays.

For more information about the Frankfurt Gateway Reception Center, send an e-mail to FrankfurtReceptionCenter@eur.army.mil or call 334-6915 or civ. 069-69597-3815.

Recording artist Leigh Jones headlines Army's I. A.M. Strong Tour

Story & photo by Tim Hipps

Family and Morale, Welfare and Recreation Command Public Affairs

Recording artist Leigh Jones is humbled to headline the I. A.M. STRONG Tour headed to 24 Army installations during the next two months.

The concert and comedy show is designed to raise awareness about the prevention of sexual assault and harassment among Soldiers and military family members.

"I love to meet these men and women face to face and shake their hand, and look right into their eyes and just thank them for all they have done for us," said Jones, who will be joined on the tour by hip-hop band Animate Objects, professional comedians and Soldier talent.

The tour will begin Jan. 29 at Fort Knox, Ky., and end in Europe. Concerts in Germany are scheduled for Heidelberg, March 13; Kaiserslautern, March 14; Baumholder, March 15; Ansbach, March 17; Schweinfurt, March 18; Grafenwöhr, March 19; Hohenfels, March 20.

The Army G-1 presentation, produced by the Army Entertainment Division of the Family and Morale, Welfare



Leigh Jones will headline the I. A.M. Strong musical/comedy tour to help raise awareness about the prevention of sexual assault and harassment.

and Recreation Command, is dedicated to eliminating sexual assault.

The I. A.M. STRONG acronym stands for "intervene, act and motivate" others to stop sexual harassment, assaults and sexually offensive language, innuendo and gestures that create an environment friendly to abuse. Tolerant of these acts among troops has been reduced to zero, Army leaders say. Strong, quite simply, is the Army way.

The entertainment tour was designed to help military communities realize:

- When I recognize a threat to my fellow Soldiers, I will have the personal courage to intervene and prevent sexual assault. I will condemn acts of sexual harassment. I will not abide obscene gestures, language or behavior. I am a warrior and a member of a team. I will intervene.

- You are my brother, my sister, my

fellow Soldier. It is my duty to stand up for you, no matter the time or place. I will take action. I will do what's right. I will prevent sexual harassment and assault. I will not tolerate sexually offensive behavior. I will act.

- We are American Soldiers, motivated to keep our fellow Soldiers safe. It is our mission to prevent sexual harassment and assault. We will denounce sexual misconduct. As Soldiers, we are all motivated to take action. We are strongest together.

"We want to encourage people to be strong," Jones said. "We want to encourage the prevention of suicide and sexual harassment. We hear that's a big thing among Soldiers, which is such a shame."

Jones will perform for Soldiers at community recreation centers or designated facilities, followed by meet-and-greet autograph signing/photo sessions with all attendees. She also will visit dining facilities to have lunch, interact and sign autographs until the last Soldier leaves.

"I'm just grateful, thankful, and I'm humble to be a part of such a huge movement with this I. A.M. STRONG Tour," Jones concluded. "This is going to touch a lot of peoples' lives and I'm so blessed to be a part of it."

SPORTS SHORTS

Big weekend for community hoopsters

Stuttgart's annual Tournament of Champions Basketball Invitational will be held Feb. 12-15 in the Patch and Kelley Barracks, and Panzer Kaserne Fitness Centers.

Don't miss this opportunity to watch some hoops, and cheer on your favorite team. For more information, call 430-7136 or 0711-680-7136.

Get ready for bodybuilding contest

The U.S. Army Garrison Stuttgart Family and Morale, Welfare and Recreation Sports and Fitness program has announced Aug. 28 as the date of its annual bodybuilding and figure competition.

For more information, call 430-7136/civ. 0711-680-7136.

Go skiing with FMWR Outdoor Recreation

U.S. Army Garrison Stuttgart Family and Morale, Welfare and Recreation's Outdoor Recreation offers ski and snowboard day trips to a variety of ski destinations in Europe throughout the winter.

Trips are scheduled for March 6 and 27, and April 3.

The cost is \$50, which includes transportation. Equipment rental is available from Outdoor Rec for \$10. Lift tickets are extra.

For more information, call 431-2774/civ. 07031-15-2774.

Register for YS sports

Child, Youth and School Services spring sports registration is open through Feb. 26 for children interested in playing baseball, softball and soccer.

Physicals must be valid through June 15.

To register, stop by Parent Central Services, Building 2347, Patch Barracks, or call 430-7480/civ. 0711-680-7480.

Marathon: School takes running one step further

Story and photo Susan Huseman
USAG Stuttgart Public Affairs Office

Lynn Knapp had the first-day-of-school jitters. She is not in the classroom to study biology, economics or German.

Knapp, a student in Patch Fitness Center's School of Marathon, wants to learn how to run.

"If you learn how to run, it's something you can do forever. You don't need a gym or special equipment," said the mother of four.

Knapp, who until recently home-schooled her children, signed up for the program to get physically fit.

"I don't have lofty goals. I just want to get in shape, improve my health and fitness level. If I get a 5K or 10K race out of it, it's a happy side effect," she said.

The School of Marathon, sponsored by U.S. Army Garrison Stuttgart Family and Morale, Welfare and Recreation, will give her the accountability and motivation she needs, Knapp said. "It's the right time."

For this Army spouse, it's the right time for a couple of reasons. "I've wanted to do something for myself for a long time," she said.

Plus, her husband deployed in December, and she wants to surprise him when he returns. "I want him to come back and say, 'Who are you, and what did you do to my wife?'" she said.

Running, as defined by Merriam-Webster, is "to go steadily by springing steps so that both feet leave the ground for an instant in each step."

It sounds simple enough. So why does a person need to go to school?

"To run efficiently, with less strain," said Angi Buckley, an endurance athlete and the School of Marathon's coach.

While some people are naturally gifted runners, "most of us need to be taught, or if not taught, tweaked," said Buckley, a certified personal trainer with a running resume that includes more than 20 marathons and 11 ultra-marathons of distances up to 100 miles.

Improper technique, such as striking the ground with the heel of the foot,



"Students" Trent Minter (from right), Eileen Godinez, School of Marathon coach Angi Buckley and dog, Porsche, complete a 6-mile run Feb. 4.

can cause pain and injuries, according to Buckley. "Injury prevention is my number one goal."

But the three-month program is more than learning how to correctly put one foot in front of the other.

Buckley said she incorporates many of the current principles taught by leading exercise physiologists. Her students will learn about proper nutrition, race psychology, warm-up techniques and core muscle training.

They also get an hour with Buckley as personal trainer and can participate in weekly group runs.

More than that, Buckley will provide each student with a detailed training plan to meet their goals, whether it is a run/walk program for a beginner or a training plan for a specific race.

Robin Brion has her eye on the Prague Marathon in May.

With two marathons and "many, many half marathons" under her belt, Brion has also enrolled in the program.

A self-professed "casual runner" Brion wants to improve her speed and form, while staying injury free.

She also wants to be able to complete any marathon she enters.

Many marathons, pressured to re-open their courses to traffic, have imposed time limits, said Brion.

"I ran the Big Sur International Marathon. If you are not at Mile 22 in five hours, they will take you off the course. I reached [it] in four hours, so I was fine, but the anxiety of not reaching the time allotment adds to my stress."

And while her primary goal is to finish what she starts, "I think I can trim 15 minutes off my time with Angi's support," she added.

Not everyone, however, has such a big goal. Some are more immediate, such as scoring better on the run portion of a military fitness test.

Buckley can help these runners, as well. She will teach two running techniques workshops on Feb. 17 from 11:15 a.m. to 12:45 p.m., and Feb. 24 from 4:30-5:50 p.m. in the Patch Fitness Center.

Interested participants can sign up for either program at the Patch Fitness Center. School of Marathon participants must register by the end of February. For more information, call the Patch Fitness Center at 430-7136/civ. 0711-680-7136.

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blue and white \$8 for each set. White crib bumper \$8. One crib waterproof mattress cover, \$5. Umbrella stroller Winnie the Pooh pattern with clip on umbrella- used once \$15. Baby bottle sterilizer (110V) never used- \$8. Baby bottle warmer (220V) used frequently \$1. 3T Size Red rain jacket and pants, \$15 (paid 45 EURO). Red rain boots, German size 24 - about 8 American Size, \$5. Boopy pillow with 2 extra covers: \$15. One aircraft cabin approved dog carries for small dogs (flower pattern) \$15. Call 0711-553-6305

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110v., \$5; Kenmore Whispartone power mate vacuum cleaner 12 Amps 110v., \$50; Goldstar microwave 110v., \$40; Toastmaster Platinum electric food slicer 110v., \$35; Brita Aquaview On Tap faucet filtration system, \$15; Labtec Spin-50 PC Stereo Speakers 110v., \$7; Fellowes FS5 paper shredder 110v., \$15; Toshiba FT-8930 Cordless Phone w/ digital answering machine 110v., \$20; Funai 9" TV/VCR Combo NTSC 110v., \$45; T'nB CD-Organizer Trays (x4), \$5 ea.; Vicks humidifier 110v., \$10; 2x Holmes 10" Fans 110v., \$10 ea.; Graco baby Rock 'n Bounce, \$15. Phone: 07031-6816694, email: ellisina@hotmail.com

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ANNOUNCEMENTS

I am in search of any information "Auto Accident". Happened Saturday 16 Jan 2010 on the A6 Vogelweh -Ramstein headed Westbound toward Saarbrücken. Occupant of vehicle hospitalized. Pls contact me with any information. Hawkeyesnooky88@yahoo.com

I looking to get a group of people interested in running together, even if you have never run before. Would like to meet up a couple times a week to train. Beginners very welcome and encouraged! Please email me at amsterdamlux@gmail.com

New Club Forming - if you are interested in joining a fun group and meeting interesting people from a variety of backgrounds and interests then LNO (ladies night out) Stuttgart is for you...what we do is meet once a month for dinner and conversation at a different restaurant ...we share interesting stories and laugh...on occasion we will do

a tour in conjunction with dinner... if you are interested in joining... please send an e-mail to Isabel at lnostuttgart@yahoo.com, our first outing will be in January.

Passport Outreach Day, February 24 2010. The U. S. Consulate, in coordination with Panzer passport office, will conduct a passport outreach day at the Patch Barracks Community Club on 24 February from 10 am until 2 pm. During this outreach the Consulate staff will process Report of birth applications by appointment only. Initial and renewal tourist passport applications will be processed for all walkins. The team will not process no fee/ official passports. The Consulate staff will also be available to answer questions regarding social security and VA benefits, permanent residence, immigration and visa issues. Certain documents and forms will be required to apply for a passport. To make an appointment for your report of birth or for information and requirements, call DSN 431-2539, civ. 07031-15-2539.

Ski Verbier 26-28 March 2010 with the Patch Ski Club. The winter paradise The Four Valleys is an immense ski resort in the French region of Switzerland. Stay at the 3 star "Le Déserteur" hotel in Nendaz with easy access to all lifts of the Four Valleys - including Verbier. A half double is € 255 and includes transport by motor coach, hotel Room, (2) breakfasts and Saturday dinner. See http://www.patchskiclub.com or email Brian Peterson for more

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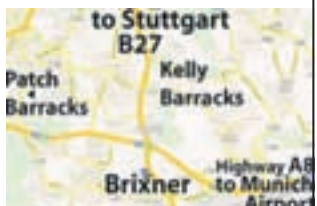
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